

Noah Preszler and Ignacio Dominguez

Bowdle FCCLA

Bowdle School

Bowdle

South Dakota

Instructional Video Design

Level 3

How to Make a Spanish Omelet



FCCLA Planning Process Summary Page Template



(This template may be modified, but all headings must be used in the correct order. The FCCLA logo, STAR Events logo, and Planning Process graphics are encouraged but not required.)

IDENTIFY CONCERNS



One of our concerns is that many American people do not know much about Spanish cuisine. Another concern is most people don't know about Spanish omelets or how one is made. Our final concern is that we have never made an instructional video and editing a video is a challenge.

SET A GOAL



Our main goal is to create an instructional video that effectively demonstrates how to prepare an authentic Spanish omelet. Through this video, we hope to not only teach people the proper process but also teach the overall importance of expanding out of the normal US foods. We will be using Food Production and Services standard 8.5 - Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.

FORM A PLAN



Who: We will be working on our project together with the guidance of our adviser.

What: We will create a video demonstrating the proper preparation of a Spanish omelet.

When: We will work on our project during FACS class, during study hall, and before and after school. We will start working on our project in December, and finish by February 1st.

Where: We will work on our project in the FACS room so that we have all the equipment we need.

How: We will ask our adviser if we can use her kitchen during study hall. We will plan out our video using the video worksheet. We will collect all our ingredients, make our video, edit the video, and then share it with people in our school and community.

Cost: Our only cost will be the ingredients, but we should have all the ingredients on hand at our houses.

Resources: We will use Ignacio's Grandmother as a human resource to learn the authentic process of making a Spanish omelet. We will use Cap Cut to create our video.

Evaluation: We will evaluate our project based on whether or not we reach our goals.

ACT



We started out by talking to Ignacio's Grandmother to figure out the right recipe to use. From there we began planning how we wanted to do our video and made our video worksheet. After that, we made sure we had all the right ingredients for the omelet, and all the proper equipment. We made our video and loaded all of our video clips onto Cap Cut. We edited the video and added music, and final details. Then we shared our video with people in our school and community.

FOLLOW UP



Overall, our project went well. It was our first time creating an instructional video, and it taught us a lot about using editing software and organizing video clips. Our Spanish omelet was delicious, and we were able to share it with people in our school. If we were to do this project again, we would start earlier and give ourselves even more time to work on the editing. We hope that many people watch our video and learn how to make this omelet.



EVIDENCE OF PROJECT SUMMARY SUBMISSION

Thank you for completing the project summary form for your STAR Event. To receive the point for submission, print this email and have your advisor verify by signing and dating below for inclusion in a display, file folder, or portfolio. **One survey per entry is required.**

Chapter Name: Bowdler FCCLA Chapter - 18839

State: South Dakota

Members: Ignacio Dominguez, Noah Preszler

Event Name: Instructional Video Design

Level: Level 3 (grades 11 and 12)

Project Title: How to Make a Spanish Orrolot

Adviser's Signature

Megan [Signature]

Date

1/29/24



Instructional Video Design Worksheet

One worksheet per video. If creating a micro-video series, use one worksheet for each video in the series.

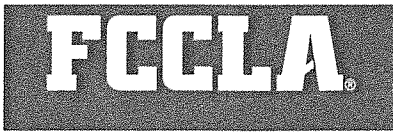
| | |
|--|---|
| Title of Video and Topic: ___ Micro-video Series <input checked="" type="checkbox"/> Tutorial ___ Training ___ Screencast ___ Presentation/Lecture | |
| Grade or Target Age Group Level: Anyone wanting to open their heart to the wonderful Spanish Cuisine | |
| Video Duration (<i>Maximum 5 minutes, if creating a micro-video series, series must not exceed 5 minutes</i>): 4 minutes and 30 seconds | |
| FCCLA Integration (<i>National Programs, Competitive Events, Meetings/Events, if applicable</i>): N/A | |
| Video Learning Objective(s): Our objective of this video is to teach people one of the many ways to make a Spanish Omelet. | |
| National Family and Consumer Sciences Standards (or others as appropriate): Family and Consumer Science Standard 8.5 - Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs. | |
| Career Readiness Practices (Select all that apply): | |
| <input type="checkbox"/> Act as a responsible and contributing citizen and employee <input checked="" type="checkbox"/> Apply appropriate academic and technical skills <input type="checkbox"/> Attend to personal health and financial well-being <input checked="" type="checkbox"/> Communicate clearly and effectively and with reason <input type="checkbox"/> Consider the environmental, social and economic impacts of decisions <input checked="" type="checkbox"/> Demonstrate creativity and innovation <input type="checkbox"/> Employ valid and reliable research strategies | <input checked="" type="checkbox"/> Utilize critical thinking to make sense of problems and persevere in solving them <input type="checkbox"/> Model integrity, ethical leadership and effective management <input type="checkbox"/> Plan education and career paths aligned to personal goals <input checked="" type="checkbox"/> Use technology to enhance productivity <input checked="" type="checkbox"/> Work productively in teams while using cultural global competence |
| Materials Needed to Create Video: 5 eggs, 4 medium sized potatoes, ½ of a large white onion, 3 tablespoons of extra virgin olive oil, and ½ tablespoon of salt. 1 cell phone to record on. | |



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| | |
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| Career Readiness Practices (Select all that apply): | |
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Source (If Applicable: cite any published or copyrighted materials used in this video): N/A

Additional Notes: N/A